



## Where can I find out more?

Go to our website and follow the links for the Urban Retreat!

[www.bristol-buddhist-centre.org](http://www.bristol-buddhist-centre.org)

## What does it cost?

All events on the urban retreat programme run on generosity. This radical way of operating flies in the face of our consumerist “what can I get?” culture. Please do support that with a donation.

## What else do I need to know?

Although we're not going anywhere for the urban retreat, a little advance planning to connect with the theme and to create more space and simplicity during the week than you might normally have will help you make the most of the retreat.

Take a look at Jvalamalini's suggestions for this on our website.

And if you don't manage to do any preparation, don't worry. Just come along on Saturday 21st November anyway!

## Urban Retreat Online

This Urban Retreat is an international one, with lots of material available online. From 21st-28th Nov, there will be daily talks, guided meditations, and mantras. Instructions on how to join the Urban Retreat Online are on our website.

*We look forward to being on retreat with you here in the heart of Bristol*



**What is an Urban Retreat?** An Urban Retreat is like a retreat of the imagination. It is an opportunity to bring something of the quality and benefits of a retreat into your daily life, and also to develop confidence in your ability to make changes in your life and in sangha connection.

**How does it work?** Come to the day retreat on **Saturday 21st Nov** and find out! We'll explore the theme *Living in the Greater Mandala* about how we might live from a more expansive, beautiful and non-utilitarian perspective, and share ideas about how each of us can practise with a quality of aesthetic appreciation in our often busy day-to-day lives in the week ahead.

There are many extra events and opportunities to practice together at Bristol Buddhist Centre during the week to help support your urban retreat.

**See the full programme inside**

# Living in the Greater Mandala

## International Urban Retreat Programme 21st-28th Nov 2015

To take part in the retreat fully you need to come to the day on Saturday 21st November, and the afternoon of Saturday 28th November. Everything else is optional and available to you to pick and mix to make up your own retreat. No booking needed.

All these events run on generosity – please support this radical way of operating with a monthly direct debit donation!

Saturday 21st		
10am - 5pm	<b>Urban Retreat Day</b>	The essential start - this is what will set up your retreat. Led by Jvalamalani with Chittamani & Bodipushpa.
Sunday 22nd		
10am - 5pm	<b>Finding Our Feet - Yoga &amp; Meditation Day</b>	Practicing in ways that help us to soften into our bodies, more fully meet the earth, & find a place of lighter engagement with ourselves and others. Led by Karunavapi & Dharmamrta.
Monday 23rd		
7 - 8am	<b>Early Morning Meditation</b>	Meditate on your way to work! (Doors close 7:10am) Muesli available!
10:30am - 12:30	<b>Yoga &amp; Meditation</b>	Bringing freedom to the body. Scaravelli yoga & meditation with Dharmamrta.
1 - 2pm	<b>Guided Metta Bhavana Meditation</b>	For those who know mindfulness of breathing & metta bhavana. Using online audio from Rijumitra of Vajraloka meditation centre.
2:10 - 3pm	<b>Short talk &amp; discussion</b>	With video from The Buddhist Centre Online.
7:30 - 9:30pm	<b>Evening of stillness &amp; beauty</b>	Meditation & poetry with Jvalamalani.
Tuesday 24th		
7 - 8am	<b>Early Morning Meditation</b>	Meditate on your way to work! (Doors close 7:10am)
10:30am - 12:00	<b>Yoga</b>	With Cathi.
12:15 - 1pm	<b>Introduction to Karuna Bhavana plus short meditation</b>	Short talk & 15mins Just Sitting Meditation. Using online audio from Rijumitra of Vajraloka meditation centre.
1 - 2pm	<b>Lunchtime Meditation (Introductory)</b>	With guidance for beginners.
2:10 - 3pm	<b>Short talk &amp; discussion</b>	With video from The Buddhist Centre Online.
7:30 - 10pm	<b>Sangha Night - Beauty, Imagination &amp; Poetry</b>	Led by Dhivan.

Wednesday 25th		
7 - 8am	<b>Early Morning Meditation</b>	Meditate on your way to work! (Doors close 7:10am).
10am - 12:30	<b>Sangha Works!</b>	Practice mindfulness in activity, connect with others, give to the Centre!
1 - 2pm	<b>Guided Karuna Bhavana Meditation</b>	For those who know mindfulness of breathing & metta bhavana. Using online audio from Rijumitra of Vajraloka meditation centre.
2:10 - 3pm	<b>Short talk &amp; discussion</b>	With video from The Buddhist Centre Online.
5:45 - 7:15pm	<b>Mindfulness &amp; Movement - The Playful Art of Qigong</b>	Cultivating appreciation, steadfastness & joy. With Tim Mason.
7:30 - 9:30pm	<b>Full Moon Puja</b>	On the full moon of Sangha Day, led by Manjuvajra.
Thursday 26th		
7 - 8am	<b>Early Morning Meditation</b>	Meditate on your way to work! (Doors close 7:10am).
10:30am - 12:00	<b>Yoga</b>	With John Irving.
12:15 - 1:00pm	<b>Introduction to Mudita Bhavana, plus short meditation</b>	Short talk & 15mins Just Sitting Meditation. Using online audio from Rijumitra of Vajraloka meditation centre.
1 - 2pm	<b>Lunchtime Meditation (Introductory)</b>	With guidance for beginners.
2:10 - 3pm	<b>Short talk &amp; discussion</b>	With video from The Buddhist Centre Online.
6 - 7pm	<b>Meditation</b>	For those who know mindfulness of breathing & metta bhavana.
Friday 27th		
7 - 8am	<b>Early Morning Meditation</b>	Meditate on your way to work! (Doors close 7:10am).
10:30am - 12:00	<b>Mindfulness &amp; Movement - The Playful Art of Qigong</b>	Cultivating appreciation, steadfastness & joy. With Tim Mason .
1 - 2pm	<b>Guided Mudita Bhavana Meditation</b>	For those who know mindfulness of breathing & metta bhavana. Using online audio from Rijumitra of Vajraloka meditation centre.
2:10 - 3pm	<b>Short talk &amp; discussion</b>	With video from The Buddhist Centre Online.
Saturday 28th		
10am - 1pm	<b>Saturday Morning Meditation</b>	Full introduction to both meditations. Bring a friend - reaching out to bring others to the Dharma, the altruistic dimension of practice.
2 - 5:30pm	<b>Urban Retreat Afternoon</b>	For those who attended the first day to close our retreat together.
Sunday 29th		
10am - 5pm	<b>Sangha Day !</b>	Festival Day for all of us to celebrate and deepen Sangha!